



KUSAHC  
concerned  
with  
no shows

Story by **GERRY LANE**  
KUSAHC

Meeting the health-care demands of the Aberdeen Proving Ground community is already a challenging job, but officials at Kirk U.S. Army Health Clinic (KUSAHC) said patients who miss appointments are adding to that challenge.

One of the primary concerns with missed appointments is that they limit access to care for multiple patients.

The phrase we use to emphasize this dilemma in the military health system is “an appointment missed by two.” This means that if you miss an appointment, you have also prevented another patient from seeing the provider at that time, and both you, and whoever didn’t get an appointment initially, still needs an appointment.

In the past 12 months, the KUSAHC had a no show rate of 4.3 percent. While that doesn’t seem high, the average revenue lost is \$75.32 per visit, costing the clinic almost \$242,000 annually.

“For a facility of this size, we are talking about a sub-

See CLINIC, page 10

PEO C3T  
honors  
young  
patriot

Story by **NANCY JONES-BONBREST**  
PEO C3T

When 10-year old Xavier Chisolm received \$1 as part of a school project called “A Dollar and A Dream,” he knew immediately what he would do with the money.

Give it to the troops. However, he realized that a single dollar would not make much of an impact, so he decided to stretch his money.

He borrowed \$3 from his mother and purchased two packs of pencils, pencil flags and pencil grippers, fashioned his 24 pencils with a gripper and flag, and then sold each



See PATRIOT, page 10

UMBC faculty, staff visit APG labs



(From left) Senior Chemical Engineer Terrill Atwater from the CERDEC Army Power Lab talks about Advanced High Energy Conformal Soldier Batteries while APG and CECOM Commander Maj. Gen. Robert Ferrell and University of Maryland Baltimore County Vice President for Institutional Advancement Greg Simmons look on during a UMBC visit to APG July 18.

Story and photo by **RACHEL PONDER**  
APG News

Faculty and administrators from the University of Maryland Baltimore County met for the first time with Aberdeen Proving Ground senior leaders to tour the installation and discuss opportunities for collaboration July 18. Team APG hosted the event.

The purpose of the visit was to build a partnership between the UMBC and APG,

to find ways to work together and prepare students for future demands of the workforce. UMBC currently has about 2,900 undergraduate and 1,100 graduate students enrolled in the College of Engineering & Information Technology.

During opening remarks, APG Senior Leader, Maj. Gen. Robert Ferrell said for the installation to continue to thrive as a world-class technology hub, they need to take a proactive approach to attract the best

and the brightest from around the country.

“We have to continually reach out on the educational market to make sure that the schools understand the skill sets that we need,” Ferrell said.

Twelve UMBC faculty and administrators introduced themselves and gave a briefing on the school. They included the Vice Provost for Academic Affairs

See UMBC, page 10

Survivors find support at luncheon



President and chaplain of Maryland Gold Star Mothers, Janice Chance, introduces herself during the Survivors Luncheon at Top of the Bay July 19.

Story and photo by **RACHEL PONDER**  
APG News

Family members of Fallen Soldiers met for a Survivors Luncheon at Top of the Bay July 19.

The event was co-hosted by the Religious Support Office, Army Community Service and APG and CECOM Commander Maj. Gen. Robert Ferrell.

Twelve Families in attendance heard encouraging words from members of APG’s senior leadership.

Ferrell said APG is committed to providing steadfast support to Families of the Fallen and that he would like to see APG’s network of Survivors increase.

“My intention is to host quarterly luncheons for Survivors,” he said.

APG and CECOM Command Sgt. Maj. Kennis Dent said that the APG community is here to provide comfort to anyone who has lost a Soldier.

“We are here any time you need someone to talk to, this is your home,” he said. “You are our Family.”

Garrison Command Sgt. Maj. James Ervin said that the event allows Survivors to share experiences and comfort each other.

“Your presence is always welcome on the installation,” he said.

See FAMILIES, page 10

DPW Academy courses come to APG

Story and photo by **YVONNE JOHNSON**  
APG News

A diverse group of APG civilians met July 15 –18 for a four-day Directorate of Public Works Academy course taught here for the first time due to furloughs.

The DPW Operations and Maintenance Course is intended to teach Installation Management Command policies and offer a greater understanding of goals and decision-making from the higher-headquarters perspective.

According to Tony Hale, site area manager for the APG South (Edgewood) O&M Division, which hosted the course, attendees ranged from administrative assistants to division chiefs and hailed from the Gar-



Tony Hale, DPW site area manager for the APG South (Edgewood) Operations and Maintenance Division, briefs class members during the first four-day DPW Academy course hosted at APG due to furloughs.

ison’s Directorate of Public Works as well as the Communications-Electronics Command; Research, Development and Engineering Command; 20th Support Command (CBRNE); and Edgewood, Chemical Biological Center.

Hale oversees the personnel who respond to routine work orders within the Buildings & Utilities Branch as well as Roads & Grounds and waste water facilities. He

See PDW ACADEMY, page 10

WEATHER

Thurs.



79° | 66°

INDEX

Pg 2 ..... Street Talk  
Pg 8 .... Mark Your Calendar  
Pg 8 ..... At your service



ICE system  
http://ice.disa.mil/  
Facebook, http://on.fb.me/HzQlow

MORE INSIDE

Leave Donations **PAGE 2**

The APG News needs you **PAGE 6**

Knowing you headache provides relief options **PAGE 7**



Girl Scout Troop  
tours KUSAHC  
Page 4



Public Health commander  
leads by example  
Page 7

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STREET TALK

What is your favorite hobby?

I like to travel, because it allows me to break from routine, relax and observe how other people live. I like traveling to the South visiting friends and Family. I think it is calmer, more laid back there. I also enjoy visiting New York City for sightseeing and shopping.



Sabrina Myers  
CYSS

My favorite hobby is spending time with Family, especially watching football with Family. We all gather around together to watch the game and eat.



Lt. Col. Keith Morgan  
ARL

I like golf or really any kind of outdoor activity. I rarely have time to do these activities because I am so busy with my job.



CW4 Bill Knisley  
1-224 Aviation  
Security & Support  
Battalion

My favorite hobby is running because it keeps me fit, healthy and relieves stress. I try to run every day or do some kind of physical activity.



Lauren Costanzi  
USAPHC

OPINION

STEM programs, goals and new facility

During a speech to the National Academy of Sciences in April of this year, President Obama highlighted the importance of creating a nationwide, “all-hands on deck approach” to science, technology, engineering and math (STEM) education for today’s young students.

“We want to make sure that we are exciting young people around math and science and technology and computer science. We don’t want our kids just to be consumers of the amazing things that science generates; we want them to be producers as well.” – President Obama

Just a few weeks later, the National Science and Technology Council released its Five-Year Strategic Plan for the federal government’s STEM Education efforts. This new strategic plan involves a number of federal departments and agencies to include the Department of Defense. It also places a priority on increasing and sustaining youth and public engagement in STEM.

Here at Team APG, given our role as a global Center of Innovation for our armed forces and the talent and skill of our highly-trained STEM professionals, we have made support for STEM education one of the installation’s primary focus areas. Our efforts include establishing a Team APG STEM Roundtable with representatives from all of our major commands who meet monthly to coordinate our educational outreach efforts. We also have extensive partnerships with local school systems and in December 2012, leaders from across Team APG signed an Educational Partnership Agreement with the Harford County public schools to enhance STEM opportunities for area students. In fact, one of our goals for the coming year will be to increase the number of APG organizations sponsoring STEM and educational programs across the 54 schools located in Harford County.

Just as importantly, hundreds of Team APG STEM professionals continue to volunteer their time and effort working with youth organizations and public libraries, building relationships with key groups like the STEM Forum of the Northeast Maryland Technology Council and the STEM Teacher Academy with Harford County Community College. Whenever you look at Team APG, you’ll find many of our scientists, engineers and technology professionals doing all they can to mentor, coach and spark ‘STEM interest’ in students from elementary school all the way through college and graduate school.

It is important to remember that these efforts not only help local students, they are critical to training the next generation of STEM professionals who will serve and work at Team APG. The truth is that the success of our future mission relies on recruiting educated, trained, highly-qualified STEM employees who will research, develop, engineer, test and deploy the advanced weapons and systems needed by the Joint Force of 2020 and beyond.



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Because STEM education plays such a central role in Team APG’s success, we are particularly proud to be opening a new STEM Education Outreach Center (SEOC) on the installation July 30. The SEOC, located in Bldg. 4508, represents the dedicated efforts of many of our Team APG commands and will coordinate STEM educational programs across the post. The new SEOC will have enough classrooms and laboratory areas to support more than 200 students and will become the key-stone facility which anchors Team APG as a DOD STEM Center of Excellence. The SEOC will allow APG organizations to work more collaboratively with our community education partners and will afford area teachers a space dedicated to the mission of exposing students to STEM subjects and to the many STEM opportunities available at APG, the Army and across DOD. The SEOC will also allow Team APG to expand its role in executing Army STEM programs as part of the Army Educational Outreach Program (AEOP) through the Assistant Secretary of the Army for Acquisition, Logistics and Technology [ASA(ALT)]. The U.S. Army Research, Development and Engineering Command (RDECOM) Army Research Laboratory has been the focal point for the SEOC effort. The ribbon-cutting ceremony will be held, 9 to 10 a.m., July 30 at the new facility. For more information about the SEOC Grand Opening, contact Kathy Sukiennik at 410-306-3597.

To learn more about APG’s STEM education programs, our priorities for FY-2014 and how you can get involved, contact Louie Lopez, RDECOM STEM Education Outreach Program Manager, at 410-278-9858.

Doing our part to train tomorrow’s STEM professionals will ensure Team APG remains a true Center of Innovation for generations to come.

Army Strong!

Maj. Gen. Robert S. Ferrell

Commander, U.S. Army  
Communications-Electronics Command & Aberdeen Proving Ground

Leave Donations

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). For info, contact Cathy Davis at 410-306-0152 or cathy.a.davis4.civ@mail.mil.

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Thurs



79° | 66°

Fri



83° | 68°

Sat



82° | 73°

Sun



81° | 71°

Mon



83° | 69°

Tue



86° | 71°

Wed



85° | 72°

APG NEWS



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# Army researchers showcase MANPRINT at Pentagon

Story by **JOYCE M. CONANT**  
*ARL*

Researchers from the Manpower and Personnel Integration Methods and Analysis Branch--part of the U.S. Army Research Laboratory's Human Research and Engineering Directorate--recently participated in the Joint Human Systems Integration (HSI) display at the Pentagon. This annual event focuses on highlighting HSI as it is implemented across all of the services.

The event was sponsored by Dr. Michael Drillings, director of the Army G-1 MANPRINT Directorate. In addition to displays provided by the Navy Human Systems Integration Office, the Air Force Human Systems Integration Office, the 711th Human Performance Wing, and the U.S. Marine Corps, Drillings invited HRED to showcase its tools and methodologies that are used to support MANPRINT. These include computer-based workspace analysis using the human figure model JACK, the human performance modeling tool, Improved Performance Research Integration Tool and HSI mobile applications.

Computer-based workspace analysis using human figure modeling was presented. This approach combines human figure modeling along with digitized clothing and equipment integrated into

3-D computer-aided design platform models, which help MANPRINT practitioners ensure requirements for fit, reach and vision accommodation are met early in the life-cycle development phase of system acquisition.

IMPRINT is a dynamic, stochastic, discrete event network modeling tool that assesses the interaction of Warfighter and system performance throughout the system life cycle--from concept and design to field testing and system upgrades.

"Through both of these types of modeling, concept designs of the system can be analyzed before physical prototypes are built, helping programs to save time and development costs," said Chameta Samms, a veteran researcher and acting chief of the MANPRINT Methods and Analysis Branch.

ARL researcher Chris Garneau, who presented HSI mobile applications, found the event to be a valuable experience for him. It was also his first visit to the Pentagon.

"As a relatively new member of the ARL workforce, this event represented

a unique opportunity to demonstrate my work on mobile apps for human systems integration to high-level civilian and military Army officials and hear their feedback," said Garneau. "I really valued the opportunity to represent the work that ARL is doing in the area of HSI to high-level Army officials at the Pentagon."

Garneau said that the HSI mobile applications under development will support MANPRINT and will provide researchers with data collection and analysis tools that can be easily taken into the field on tablet computers. He indicated that two such applications are the Job Assessment Software System and the MIL-STD 1472 Anthropometry Resource Companion.

"JASS enables an evaluator to define and measure human aptitudes required to do a job, which encourages the efficient allocation of manpower and may aid the researcher in determining training schedules or high-skill tasks that require simplification," said Garneau. "MARC will better equip designers and evaluators of military systems with an up-to-date and interactive resource for the proper application of body size data."

Also attending the event for a third year was Richard Kozycki of HRED, who was equally excited.

"It was a great opportunity for us to speak with high-level DOD leaders throughout the services to emphasize the importance of the HSI process and the role of MANPRINT in the systems acquisition process," said Richard Kozycki.

Kozycki emphasized the importance of the team sharing its capabilities and being able to impress upon others how important it is to insert MANPRINT very early in the acquisition process.

"The modeling and simulation tools such as the ones that we demonstrated at the event make it possible to examine a system design very early, before bending any metal or building prototypes and that ultimately results in better designed equipment for the Warfighter and achieves significant cost savings for the program," said Kozycki.

Samms indicated that Drillings invites HRED to represent MANPRINT at this event every year because he wants senior leaders and executives to understand the analytic rigor that goes into the MANPRINT assessments he uses to influence system acquisition milestones.

"Extremely difficult decisions are made

at very high levels and it is important that they are made with valid and reliable data, said Samms. "This yearly event is an excellent opportunity for HRED to demonstrate the research and analysis conducted to ensure the Army is building and fielding the best systems for the Warfighter. I am always excited to talk about the work we do at HRED, because it helps people understand the importance of designing systems with the Warfighter in mind, not as an afterthought."

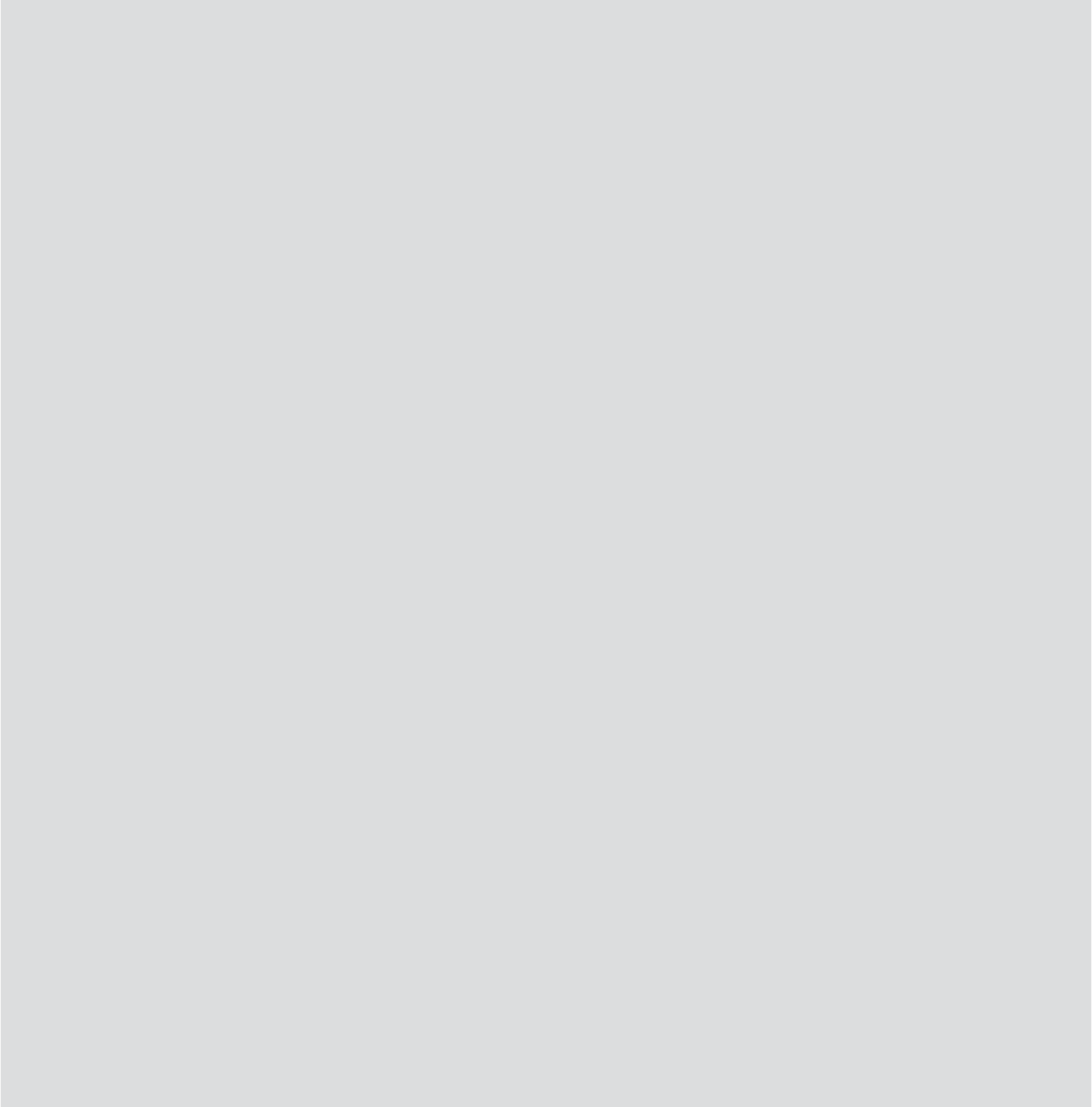
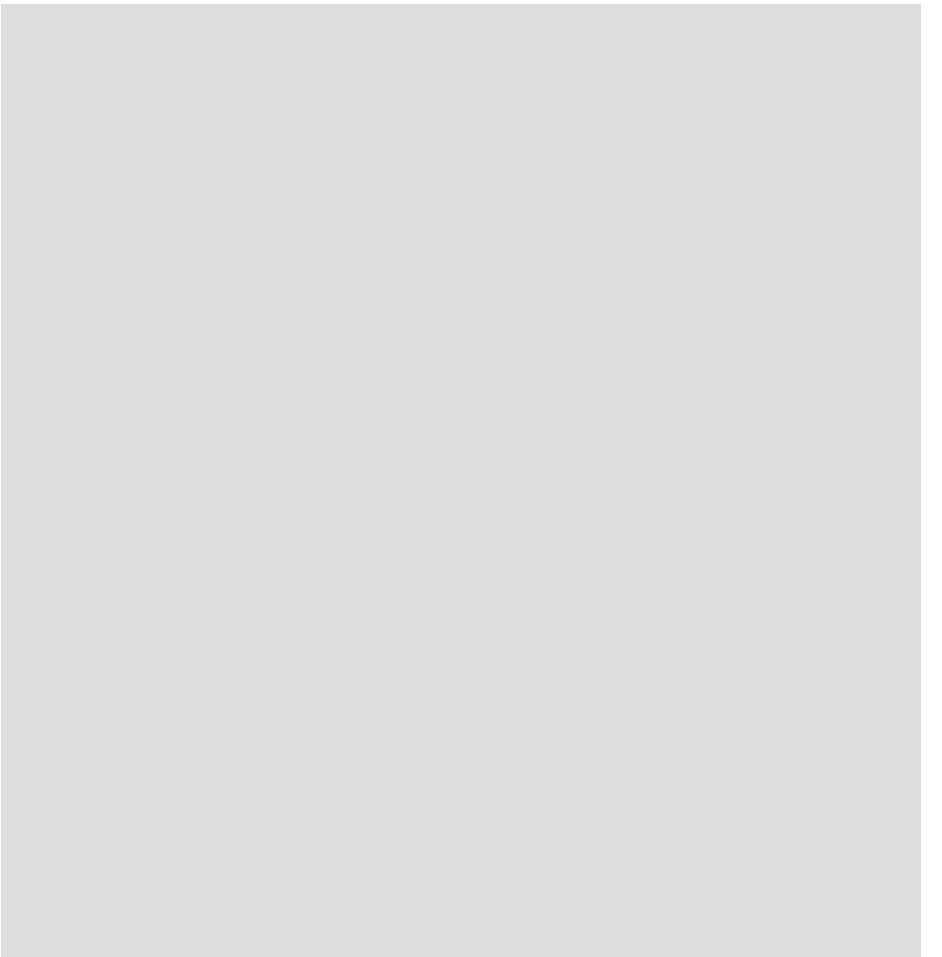
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ARL is part of the U.S. Army Research, Development and Engineering Command, which has the mission to develop technology and engineering solutions for America's Soldiers.

RDECOM is a major subordinate command of the U.S. Army Materiel Com-

mand. AMC is the Army's premier provider of materiel readiness--technology, acquisition support, materiel development, logistics power projection and sustainment--to the total force, across the spectrum of joint military operations. If a Soldier shoots it, drives it, flies it, wears it, eats it or communicates with it, AMC provides it.

MANPRINT is the U.S. Army's Human Systems Integration Directorate, Office of the Deputy Chief of Staff, G-1. Its mission is to establish policies and procedures for AR 602-2, Human Systems Integration (the MANPRINT) in the System Acquisition Process and to exercise primary staff responsibilities for the Soldier-Oriented Research and Development in Personnel Performance and Training (SORD), AR 70-8.

How are we doing? E-mail comments and suggestions for the APG News to [usarmy.apg.imcom.mbx.apg-pao@mail.mil](mailto:usarmy.apg.imcom.mbx.apg-pao@mail.mil)





# KUSAHC hosts Girl Scout walking tour

Story and photos by  
**YVONNE JOHNSON**  
*APG News*

Local Girl Scouts from Belcamp Troop 1730 took the interactive approach to earning safety awards and first aid patches July 16 when they took a 2-hour walking tour of Kirk U.S. Army Health Clinic.

Escorted by KUSAHC Medic Sgt. Brandi Colon, the troops visited several clinics and chatted with KUSAHC staff and leaders before wrapping up the tour with a training session on applying bandages and dressings. They received complimentary first aid kits containing band aids, gauze, ace wraps and antibiotic ointment for their efforts.

The troop also visited the Command Suite where they chatted with Maj. Ruby Thomas, deputy commander for Nursing and Health Services.

“We love taking care of patients and we love educating our community,” Thomas told the scouts.

Master Sgt. Keyana Washington, KUSAHC senior enlisted advisor, told the troop she once was a Girl Scout.

“I know I had a great time but the only thing I really remember was a trip we took to Disney World,” she said.

The troop also met Public Health Chief 1st Lt. Joanna Moore; Health Educator Erin Flaherty from the Army Wellness Center; social services specialist Stephen Bruner in Behavioral and Health Care Services; and Occupational Health Technician Vickie Hyde as well as neuropsychologist Carolyn Caldwell and another former Girl Scout and scout leader, Wendy Witmer, chief of the BHCS.

Colon said when she was offered the chance to lead the tour she was happy to do so.

“I knew they’d need first aid kits so I thought we’d make sure they knew how to use them too,” she said, adding that the girls were very attentive and asked lots of questions.

Scout leader Talitha Lyons and assistant scout leader Carol Merrill, thanked Colon and KUSAHC 1st Sgt. StephanWarfield for arranging the tour. Lyons said the new troop of juniors and cadets formed in June and meets year-round at the Riverside Community



**Above (From left) Sgt. Brandi Colon and members of Girl Scout Troop 1730 look on as Master Sgt. Keyana Washington recalls her scouting days during the troop's visit to Kirk U.S. Army Health Clinic July 16.**

Center in Belcamp. A military spouse, Lyons said she was an assistant troop leader at Fort Gordon, Ga., where her family was recently stationed.

She welcomed those wanting more information about the troop to call 443-327-6243 or e-mail Troop1730@yahoo.com.



**Above (From left) Brooke Caudill and Alexis Amos of Girl Scout Troop 1730 try on headphones in the sound booth used to test hearing in the KUSAHC Occupational Health clinic.**

**Left (From left) Girl Scouts Alexis Amos and Hannah Frysburg decorate first aid kits before a first aid training session led by KUSAHC medic Sgt. Brandi Colon.**



# ACS marks 48th birthday with community movie night

Story and photo by **YVONNE JOHNSON**  
*APG News*

Army Community Service celebrated its 48th birthday with a movie night and cake cutting at the APG North (Aberdeen) recreation center July 18.

The event was originally planned as a movie on the lawn at the ACS Bldg. 2503 but the second day of sweltering temperatures in the mid-90s with heat indexes over 100 degrees drove the festivities indoors to the APG North (Aberdeen) recreation center.

Still, guests enjoyed hot dogs and refreshments, door prizes, birthday cake and the 2012 movie, “Here Comes the Boom.” The film, which stars Kevin James, Salma Hayek, and Henry Winkler, was about a high school biology teacher who turns to mixed-martial arts fighting to raise money for his cash-strapped school.

ACS Director Janice Downey, Deputy Garrison Commander Glenn Wait and Garrison Command Sgt. Maj. James Ervin greeted guests and praised ACS programs.

Downey thanked the USO Movie on the Lawn organization which supported the event.



Members of the APG community, led by Garrison Deputy Glenn Wait (third from right), Garrison Command Sgt. Maj. James Ervin (fourth from right), and ACS director Janice Downey (fourth from left), help cut the ACS 48th birthday cake during the July 18 celebration at the APG North (Aberdeen) recreation center.

“The whole purpose is so people can grow to know ACS and how it supports the community,” she said.

Wait welcomed all on behalf of Garrison Commander Col. Gregory McClinton and encouraged them to utilize the ACS services available to them.

“The job of ACS is to make sure you all are taken care of [because] there’s nothing more important we can do than take care of our Soldiers and their Families,” he said.

Ervin encouraged Soldiers, Family members, retirees and civilians to seek

ACS services when problems arise particularly during the furlough period.

“Enjoy the night and remember the importance of ACS programs,” he said. “Their personnel do a great job of taking care of this community.”

# Hagel details Defense ‘Plan B’ if Sequestration continues

Story by **JIM GARAMONE**  
*American Forces Press Service*

If sequestration continues into fiscal year 2014, the Defense Department will be forced to consider involuntary reductions-in-force for the civilian workforce, draconian cuts to military personnel accounts and a virtual halt to military modernization, Defense Secretary Chuck Hagel said in a letter to Senate leaders July 10.

The senators had requested detailed information on how continued sequestration could affect the military.

In the letter, Hagel detailed the “Plan B” the department must confront if Congress does not pass legislation that averts sequestration in fiscal 2014. If the process continues, DOD will be forced to cut \$52 billion more from the budget that year.

Hagel stressed in the letter that he fully supports President Barack Obama’s fiscal 2014 budget request and noted that if sequestration remains in effect, “the size, readiness and technological superiority of our military will be reduced, placing at much greater risk the country’s ability to meet our current national security commitments.”

Congress gave DOD some flexibility to handle the cuts needed for fiscal 2013, but more than 650,000 DOD civilians must still be furloughed without pay for 11 days. However, the cuts in 2014 are too great even for flexibility within accounts to handle.

DOD hopes to avoid furloughs in 2014, the defense secretary said, but if sequestration remains in effect, “DOD will have to consider involuntary

reductions-in-force to reduce civilian personnel costs.”

Readiness has already been diminished this year, Hagel said, and it will continue to decline if sequestration continues in 2014. Hiring freezes will also continue and facilities maintenance funds will further erode, he added.

If the sequestration mechanism is applied to military personnel funding, “DOD could accommodate the required reductions only by putting into place an extremely severe package of military personnel actions including halting all accessions, ending all permanent-change-of-station moves, stopping discretionary bonuses and freezing all promotions,” Hagel wrote.

He called on Congress to work with the department to avoid sequestration

in fiscal 2014 and to approve the president’s defense budget request.

The president’s budget request slows military pay raises and raises fees for some military retirees’ health care. It also looks to retire older Air Force and Navy assets and calls for a new base realignment and closure program.

“If the cuts continue, the department will have to make sharp cuts with far-reaching consequences, including limiting combat power, reducing readiness and undermining the national security interests of the United States,” Hagel said.

Read more about the ongoing sequestration and furloughs affecting thousands of government civilians as well as military communities worldwide in future issues of the *APG News*.



# The APG News needs your input

The *APG News* is your community newspaper.

As such, we welcome your input. We are devoted to making this publication one of the most accurate, informative, and credible newspapers throughout the Department of Defense. As Family members, civilians, contractors, and service members, you deserve the most complete coverage available.

In order to provide this coverage, we rely on you - our readers - to keep us informed about the activities of your organizations, units, schools, and neighborhoods.

We welcome story ideas, feedback, and submissions. I say submissions because despite our desire to publish what's most important to you, it is impossible for us to cover every event.

So, in order to help you to help us, we have provided the following simple guidelines:

Story ideas, feedback, and submissions may be submitted directly to the editor, Pat Beauchamp, at [patricia.g.beauchamp.civ@mail.mil](mailto:patricia.g.beauchamp.civ@mail.mil) or by calling 410-278-7274 / DSN 298-7274.

Please include contact information so that we can reach you with questions or to clarify information. If you are submitting a story idea, state why you think the topic is important to our readership.

**Copy preparation**

Items should be double-spaced, in upper and lowercase letters (not all capital letters), and submitted via e-mail in a Word, or comparable, document.

Use civilian-style dates, times, and street addresses. If a facility has no street name, use the abbreviation "Bldg." and the number.

Always include first names when identifying individuals. Don't use courtesy titles such as Mr., Miss., Mrs., or Ms. After using a person's full name, all references to that person thereafter should be by last name only, regardless of rank or position of authority.

Articles are due Thursdays - seven days before publication - by 5 p.m. The paper is distributed on Thursdays. For example, for an article to be included in the paper that is delivered on August 1, submissions must be in by 5 p.m. Thursday, July 25.. In order to fulfill our contractual obligations, we must meet the deadlines of our civilian enterprise publisher.

Mark Your Calendar items are due Fridays - six days before publication - by noon. These are briefs that inform readers of what's happening on and around the installation. The Shorts include everything from traffic and construction updates to facility hours and offerings by on-post agencies. In addition, the Family and MWR section lists MWR events and specials.

Standalone Photos - Fridays - six days before publication - by noon. Standalone photos are a great way for us to capture or publicize an event when we are unable to write an article. Photos are attention grabbers, and sometimes a more effective way to get your message out. When submitting photos, please include caption information. This includes identification (full name, title and unit or organization). To run a submitted photo of a child, we must have written consent from a parent or guardian. Caption info for children should include identification, age and name them as the son or daughter of [service member or civilian parent's name here]. For all photos, include the name of the

photographer so we can give them photo credit.

Fliers: We generally do not run fliers. Please send the information you wish to have published in full-sentence format so we can include it in the Mark Your Calendar section. Whether or not we publish announcements is based on available space and priority (Does one event take place before another? Can an announcement be held one week and still remain timely? Has the announcement run several weeks in a row?). However, do not hesitate to e-mail the editor to find out why an announcement has not been published.

**Types of stories needed**

If you want to write a story, e-mail or call the editor prior to writing it. The editor will discuss the idea with you and may suggest an angle more suited to the paper's needs.

The *APG News* is interested in stories about people - how they do their jobs, their hobbies, their families, their traditions, their plans - any aspects that readers would find interesting. Testing, Training and Transformation are important to Aberdeen Proving Ground, but the people who develop training and live the transformation are more interesting to our readers.

If you want the *APG News* to cover a story, let us know. The APG News boasts an experienced and award-winning staff that is always interested in good ideas.

Several organizations at Aberdeen Proving Ground have their own public affairs personnel, who can be contacted directly before calling the APG News. They include:

20th Support Command (CBRNE): 410-436-6455

U.S Army Test and Evaluation Command (ATEC) includes Aberdeen Test Center (ATC) and Army Evaluation Center (AEC): 443- 861-9731

PEO Assembled Chemical Weapons Alternative (ACWA): 410-436-3398

U.S. Army Materiel Systems Analysis Agency (AMSAA): 410-278-5532

Army Contracting Command – APG (ACC-APG): 410-278-0846

U.S. Army Communications-Electronics Command (CECOM): 443-861-6757

U.S. Army Chemical Materials Agency (CMA): 410-436-3629

JPEO-Chemical and Biological Defense (JPEO-CBD): 410-436-9600

Maryland National Guard (MDNG): 410-576-6179

U.S. Army Medical Research Institute of Chemical Defense (MRICD): 410-436-1861

PEO, Command, Control and Communications-Tactical (PEO C3T): 410-436-6251

PEO, Intelligence, Electronic Warfare and Sensors (PEO IEW&S): 443-861-7820

U.S. Army Public Health Command (USAPHC): 410-436-1770

U.S. Army Research, Development and Engineering Command (RDECOM) includes Edgewood Chemical Biological Center (ECBC) and Army Research Laboratory (ARL): 410-306-4489

Even when the APG News staff cannot cover an event, write-ups and photos of the event from outside sources are welcome. Be sure to attach the name and phone number of someone who'll serve as a source of information.

The *APG News* does not send reporters to cover most parties, dinners, dances, teas, clubs or organization elections,

most award presentations, promotions, or check presentations. Army Regulation 360-81, which governs the operation of DA newspapers, points out that covering such events is not the function of the command information newspaper or the Public Affairs Office. The staff is interested in doing stories not on the award ceremony or check presentation, but why a person earned an award, or why a check is being presented. The paper will print the results of elections, or lists of award winners, when submitted.

Please realize that submission does not guarantee printing. Some stories may be more suitable for the APG News homepage or one of the installation's social media sites.

**Letters to the Editor**

Letters to the editor are welcome and will be published, as possible, along with a response from the appropriate agency.

We can publish anonymous letters, but name and contact info must be provided to the editor to confirm it is a valid letter to the editor. The contact info will not be printed or provided to anyone other than the newspaper staff.

**Photos**

The APG News staff uses jpg digital format photos for all its photo requirements, and prefers all submissions to be in this form.

If you don't have a digital image, submit a hard copy. The editor will look it over.

If you need advice on shooting photos for the paper, contact us.

Upon request, photos used by the APG News will be returned. Write your contact information on the back of the photograph, and allow one week for the return of the items from the printer.

**Editing and style**

All written submissions to the APG News become the property of the APG News.

The *APG News* reserves the right to edit items submitted to the paper for

printing.

The *APG News* uses Associated Press style, the same as all major U.S. and international civilian newspapers. It's also the style used by TRADOC News Service, Army News Service, and DoD's American Forces Press Service.

The *APG News* adheres to AP style for military rank.

**Stringers**

These are volunteer representatives who want to write about the goings-on in the various post units, organizations, schools, housing areas, and directorates. We provide the byline, and the volunteer earns instant recognition. If registered with the Army Volunteer Corps, the stringer earns volunteer hours.

Unit commanders and directorate heads who want information on setting up stringers for their units, or individuals who want to volunteer, should call 410-278-7274.

**Corrections**

Verified errors will be corrected, along with a brief explanation of why they were made, in the next edition of the *APG News*.

Corrections will generally run in the Post Shorts section of the paper.

**Complaints or comments**

If you have complaints, comments, or questions about something that appeared in the APG News, or about the paper in general, contact the editor at 410-278-7274.

**APG News Web site**

The Web site address for the APG News is [www.apgnews.apg.army.mil](http://www.apgnews.apg.army.mil).

Web site design and maintenance is performed by The Baltimore Sun Media Group contractor Kim Bradley. For site concerns, contact the editor at 410-278-7274.

**APG News Editor**

To reach Patricia Beauchamp DSN 298-7274. Contact her at 410-278-7274 or email [patricia.g.beauchamp.civ@mail.mil](mailto:patricia.g.beauchamp.civ@mail.mil)

## APG News Survey

The Garrison Public Affairs Office would like your help in improving the installation's command information newspaper, the APG News. Visit <https://www.research.net/s/2013APG-News> through July 25 to fill out a short survey, which will help us ensure we are providing you with the information you need and want.

**ABOUT THE APG NEWS:** The APG News is a 12-page broadsheet printed 51 times a year with a weekly circulation of 8,900. It is distributed at AberdeenProving Ground North (Aberdeen) and South (Edgewood). Baltimore Sun Media Group, holds the civilian enterprise contract to print and distribute the APG News. Our readership includes approximately 13,000 Department of Defense civilians, 6,000 contractors, 2,800 troops and more than 17,000 retirees throughout the region. The APG News supports the installation command through coverage that is thorough, informative and entertaining. While the installation's civilian and contractor population out-numbers troop strength nearly 7 to 1, the APG News recognizes that the civilian-contractor population is here solely to support our Warfighters and we strive to cover stories that matter to both populations. For more information on the APG News, visit <http://www.apgnews.apg.army.mil/> or call Editor Pat Beauchamp at 410-278-7274.

Visit APG News online at

[www.apgnews.apg.army.mil](http://www.apgnews.apg.army.mil)

## Aberdeen Area Gate Hours and Visitor Center Operations During Furlough

Gate	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Federal Holiday
RT 715	24 Hrs	24 Hrs	24 Hrs	24 Hrs	24 Hrs	24 Hrs	24 Hrs	24 Hrs
RT 22	Closed	6 -10 a.m.	6 a.m.- 6 p.m.	6 a.m - 6 p.m.	6 a.m. - 6 p.m.	6 - 10 a.m.	Closed	Closed
RT 22 OUTBOUND ONLY	Closed	3-5:45 p.m.	6 a.m.- 6 p.m.	6 a.m. - 6 p.m.	6 a.m. - 6 p.m.	3-5:45 p.m.	Closed	Closed
Aberdeen	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed
Visitor Control Center	7 a.m. - 4 p.m.	6 a.m. - 4 p.m.	6 a.m. - 4 p.m.	6 a.m. - 4 p.m.	6 a.m. - 4 p.m.	6 a.m. -4 p.m.	7 a.m. - 4 p.m.	7 a.m. - 4 p.m.
Badge Office	Closed	8 a.m.- 4 p.m.	8 a.m.- 4 p.m.	8 a.m.- 4 p.m.	8 a.m.- 4 p.m.	8 a.m.- 4 p.m.	Closed	Closed

## Edgewood Area Gate Hours and Visitor Center Operations During Furlough

Gate	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Federal Holiday
RT 24	24 Hrs	24 Hrs	24 Hrs	24 Hrs	24 Hrs	24 Hrs	24 Hrs	24 Hrs
Wise Road	Closed	Closed	6 a.m.- 6 p.m.	6 a.m.- 6 p.m.	6 a.m.- 6 p.m.	Closed	Closed	Closed
Magnolia	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed
Visitor Control Center	Closed	5 a.m. - 4 p.m.	5 a.m. - 4 p.m.	5 a.m. - 4 p.m.	5 a.m. - 4 p.m.	5 a.m. - 4 p.m.	Closed	Closed
Badge Office	Closed	8 a.m.- 4 p.m.	8 a.m.- 4 p.m.	8 a.m.- 4 p.m.	8 a.m.- 4 p.m.	Closed	Closed	Closed



# Knowing your headache provides relief options

Story by **ARBESA HYSENI**  
*Program Evaluator U.S. Army Public Health Command*

Do you know how burdensome headaches can be?

According to the World Health Organization, headaches are among the most common disorders of the nervous system. Eighty-five to 90 percent of the world's population experiences them throughout their lifetime. The pain can be throbbing, shooting or pulsing and can show up around your temples, neck and head anytime—day or night. Headaches can be extremely disruptive, especially for the 10-15 percent of individuals with chronic and severe headaches. Scientists have yet to find a cure for all of the 200 kinds of headaches but, until they do, proper knowledge of the types of headaches out there and how to manage them will make coping easier.

Headaches are divided into two types, primary and secondary headaches. Primary headaches are by far the most common type of headaches. In fact more than 90 percent of all headaches are considered primary headache. Primary headaches are further classified as tension, cluster or migraine headaches.

Secondary headaches come from underlying diseases or other conditions that can derive from brain tumors to aneurysms and even lead up to abnormalities of the spinal fluid.

Tension headaches are the most common headaches among adults. Tension headaches can be episodic (less than 15 days per month), or they can occur daily, lasting from 30 minutes to several days. These headaches are described as mild to moderate, constant pain, tightness or pressure around the forehead or back of the head and neck.

Cluster headaches affect 500,000 or

## Healthy Living

[www.apg.army.mil/apghome/sites/local/](http://www.apg.army.mil/apghome/sites/local/) click on Well Being

Healthy Living is a recurring feature in the APG News. It addresses health topics that matter most to our readers. To view more health topics and the Community Health Promotion Council calendar of events, visit the APG homepage <http://www.apg.army.mil/> and click on the Community Health icon at the bottom right, or scan the QR code (at right) with your smart phone or enabled device. To suggest health-related topics for the Health Living series, email [patricia.g.beauchamp.civ@mail.mil](mailto:patricia.g.beauchamp.civ@mail.mil) or call 410-278-7274.



more Americans. This name refers to the fact that they happen in clusters where the individual will experience one to four headaches every day or every other day, often in the early hours of morning or within a few hours of falling asleep. This type of headache usually targets teens and middle-aged people and is often described as a burning, piercing or throbbing sensation and targets one side of the head surrounding the eye. People with cluster headaches feel agitated, and it is extremely difficult for them to sit still.

Another type of headache is known as a migraine—a very intense type of headache that can be chronic. Statistics show that more than 29.5 million Americans suffer from migraines, with three times as many women affected as men. Migraines are associated with sharp shooting pain predominately on one side of the head and lasting from two to 72 hours. Migraines also have other symptoms including, nausea, vomiting and high sensitivity to light and sound. Migraines make it extremely difficult to get tasks accomplished because of the constant pain

and the sensitivity to noise and light.

There is no one cause of primary headaches. These headaches are often caused by a complex interplay of genetic, hormonal, developmental, behavioral and environmental factors. For example, behaviors such as a stressful lifestyle, staring at the computer screen or high consumption of alcohol as well as tobacco can trigger primary headaches. Lack of sleep paired with poor nutrition can lead to headaches, but these same behaviors may not cause headaches in everyone.

If you experience headaches, knowing the type of headache you have may help you determine how to manage it. Tension headaches are typically treated with over-the-counter medications such as acetaminophen or ibuprofen and may be preventable through stress management practices. Stress management practices include massage, listening to relaxing music, finding your comfort zone (for example, taking a walk), eating a balanced diet, drinking enough water and getting enough exercise and sleep. Active-duty, National Guard and Reserve Soldiers, Army

civilians, family members, and retirees may use the stress management services offered at the growing number of installation Army Wellness Centers the U.S. Army Public Health Command is launching across the Army.

Some headaches require medical attention. Secondary headaches are often a sign of something more serious. If you or someone you know experiences a sudden, new severe headache; a headache accompanied by dizziness, weakness, paralysis, speech difficulty, personality change, fever or rash; headache pain that awakens you at night; or a headache associated with a head injury, seek medical care immediately. It is especially important to seek emergency medical attention or reach out to your primary-care provider when headaches are associated with fever or stiff neck. A stiff neck may be due to meningitis or blood from a ruptured aneurysm, which can be life-threatening.

Altogether, because they range in type and treatment, headaches can be anything from inconvenient to dangerous. But if you know your type of headache, you can take steps to bring relief from your discomfort.

**For more information about headaches, visit:**

Migraine Research Foundation, <http://www.migraineresearchfoundation.org/about-migraine.html>

Johns Hopkins Medicine, [http://www.hopkinsmedicine.org/neurology\\_neurosurgery/specialty\\_areas/headache/conditions/primary\\_vs\\_secondary\\_headaches.html](http://www.hopkinsmedicine.org/neurology_neurosurgery/specialty_areas/headache/conditions/primary_vs_secondary_headaches.html)

Web MD, <http://www.webmd.com/migraines-headaches/guide/relaxation-techniques>

Web MD, <http://www.webmd.com/migraines-headaches/guide/when-call-doctor-migraines-headaches>

# Public health commander leads by example

Story by **JANE GERVASONI**  
*Public Affairs Office, U.S. Army Public Health Command*

Maj. Gen. Dean G. Sienko, commander, U.S. Army Public Health Command, understands the importance of a ready and resilient force. He has deployed to Kosovo and Kuwait, and he knows how the Army surgeon general's performance triad of activity, nutrition and sleep can affect the health of deployed Soldiers as well as those who support them.

That is why Sienko made a visit to the Army Wellness Center, Aberdeen Proving Ground, Md., one of his first priorities.

"I was excited to learn how the services such as metabolic testing, nutrition counseling and stress management are being used to teach Soldiers, civilians, retirees and family members how to be healthy," Sienko, who is also a physician, explained.

Todd Hoover, USAPHC Wellness Center Operations Program manager, led Sienko through the steps that all AWC clients experience when they make an appointment at an AWC.

All clients need to complete the Health and Wellness Questionnaire, a six-page, comprehensive health assessment that asks questions about sleep habits, nutrition, fitness and overall wellbeing. This questionnaire is located in the online Soldier Fitness Tracker AWC portal.

"The Soldier Fitness Tracker AWC portal gives us a snapshot of where people are before we begin a program," Hoover explained to Sienko. "Responses provide a 'wellness' score that lets us tailor services to meet each client's needs."

Hoover used resting metabolic testing to provide Sienko with nutrition information such as the number of calories needed to maintain basic body functions such as heart beat, breathing and normal body temperature. Then Sienko went on a treadmill to determine his cardio-respiratory fitness level.

"The screening information combined with metabolic testing, body composition testing and other informa-

tion allows our health educators to write an exercise prescription to help meet the needs and goals of the clients," said Hoover.

The exercise prescription helps clients set small attainable goals and learn strategies for enhancing their health.

"I am very pleased with my tailored fitness and nutritional plan that incorporates cardio, strength training and a balanced diet," Sienko said. "The evaluation results give me some insights on areas where I would like to improve, and I look forward to the next evaluation of my progress."

Sienko's background as a civilian public health expert makes him a com-

mitted advocate of prevention as the best way to build and sustain good health. AWCs offer programs and services that help their clients achieve healthy lifestyle changes and prevent or mitigate chronic diseases like diabetes, heart disease and stroke. Their programs are individually tailored to meet client goals and address the whole person—body, mind and spirit.

"Army Wellness Centers provide an overall assessment and the integration of a holistic approach to wellness, and Todd Hoover and the staff at the Army Wellness Center APG demonstrate a high level of expertise," said Sienko.

Chris Sorrells, AWC APG's director,

said she was very pleased that Sienko came to the AWC. She explained that since the opening in January, more than 550 clients from all over the APG area have used AWC services.

Sorrells encouraged others to make an appointment for a wellness assessment at the AWC, located at Kirk U.S. Army Health Clinic at APG North (Aberdeen).

"The Army Wellness Center Program offers a great opportunity for everyone in the Army Family," said Sienko. "If you haven't been to an Army Wellness Center, it is important that you go. This has been a valuable experience for me and my health."



Photo by Graham Snodgrass, U.S. Army Public Health Command  
**Maj. Gen. Dean G. Sienko, commander, U.S. Army Public Health Command, listens as Todd Hoover, Army Wellness Center Program director, explains how metabolic testing equipment measures the amount of oxygen an individual uses to sustain normal functions.**



Want to make a difference in how services are rendered at APG? Tell us how we are doing. Visit w.  
Click on "ARMY" then "Aberdeen Proving Ground."



# MARK YOUR CALENDAR

**THURSDAY  
JULY 25  
U.S. MARINE CORPS  
EVENING PARADE**

Parade starts 6:30 p.m. at the Marine Barracks, 8th & I Street, SE in Washington, D.C. The USMC is presenting a special Evening Parade dedicated to honoring the Korean War veterans. The 75-minute performance features the U.S. Marine Band known as the “President’s Own,” the U.S. Marine Drum and Bugle Corps, known as the “Commandant’s Own,” and the United States Marine Corps Silent Drill Platoon. RSVP at [www.KoreanWar60.com](http://www.KoreanWar60.com).

**COPING WITH STRESS 101**

A “Coping with Stress 101” lunch-time seminar will be offered by ASAP/Suicide Prevention in Bldg. 2477 from noon to 1 p.m. Because the seminar will include a discussion of stress as it relates to suicide awareness, credit will be given for the annual suicide prevention training requirement. Reservations are required and are limited to the first 25 participants. Participants are welcome to bring their lunch. For more information, contact Ken Gesch, Suicide Prevention Program Manager at 410-278-7779 or e-mail [kenneth.a.gesch.civ@mail.mil](mailto:kenneth.a.gesch.civ@mail.mil).

**OLYMPIC SPORTS DAY  
CANCELLED**

Team APG Olympic sports Day, which was scheduled to take place on July 25 at APG North (Aberdeen) has been cancelled.

**PENSION MAXIMIZATION  
AND LEAVING A  
LASTING LEGACY- FERS  
INFORMATIONAL SESSION**

The CECOM Wellness Program will host an informational session of Pension Maximization and Leaving a Lasting Legacy on Federal Service Retirement System (FERS) from noon to 1 p.m. at the Myer Auditorium, Bldg. 6000. Representatives of the Government Employees’ Benefit Association, GEBA, will discuss retirement plans that provides basic Survivor Benefit plan, FEGLI, Social Security, and Thrift Savings Plan (TSP). RSVP to GEBA at 301-688-7912 or 800-826-1126 or e-mail [geba@geba.com](mailto:geba@geba.com). Be sure to specify what seminar you will be attending (FERS or CSRS) along with your name, contact number and e-mail address.

**SATURDAY  
JULY 27**

The Department of Defense will host a commemoration of the 60th Anniversary of the Korean War Armistice 8 a.m. at the Korean War Veterans Memorial in Washington, D.C. The special ceremony will include tributes to Korean War veterans, recognition of the United Nations Allies and formal remarks from senior government officials. For parking, shuttle service and other information, visit [www.KoreanWar60.com](http://www.KoreanWar60.com). The Korean War Veterans Association (KWVA) national convention will be held July 24 to 28.

**KWVA PEACE CONCERT  
AND MOVIE**

This event will be held 6 to 8:30 p.m. The goal is to gather at least 727 people to participate in the candlelight vigil at 7:27 p.m. around the Lincoln Memorial Reflecting Pool. The group Remember727 will host the Armistice Day commemoration and peace vigil with an indoor screening of “Heroes Remembered: Voices of Korean War Veterans”. The event includes performances by Kol-laboration DC and a massive photo exhibition of the war.

**TUESDAY  
JULY 30  
STEM AND EDUCATION  
OUTREACH (SEOC) RIBBON  
CUTTING CEREMONY**

The newly renovated Bldg. 4508 will serve as the center for STEM education in the region. Dale Ormond, Director of the U.S. Army Research, Development and Engineering Command, will host a ribbon-cutting ceremony from 8 to 10:30 a.m. For more information, contact Kathy Sukiennik at [katherine.m.sukiennik.civ@mail.mil](mailto:katherine.m.sukiennik.civ@mail.mil)

**WEDNESDAY  
JULY 31  
FIRE MARSHAL TRAINING**

The APG Fire Department will conduct Area Fire Marshal training 9 to 11:30 a.m. in Bldg. E4810, APG South (Edgewood). Each building on-post is required to have an area fire marshal who reports any fire code violations to the APG Fire Department on a monthly basis. This training will show participants what to look for when doing their safety inspections.

For more information, contact Inspector W. Bond at 410-436-9895.

**THURSDAY  
AUG. 1  
BLOOD DRIVE**

The Armed Services Blood Program will sponsor a blood drive 9 a.m. to 1 p.m. at the APG North (Aberdeen) recreation center. To schedule an appointment, visit [www.militarydonor.com](http://www.militarydonor.com) and enter sponsor code APGMD.

**SATURDAY  
AUGUST 3  
WOMEN’S HOME BUILD**

The Federal Women’s Program committee, along with the Maryland Tri-County Chapter of Federally Employed Women, and the Women in Defense, Mid-Atlantic Chapter continue to seek team members for: A Women’s Only Home Build. The project, which is led by Harford Habitat for Humanity, has been moved to Saturday, Aug. 3 from 7:30 a.m. to 3:30 p.m. All volunteers must attend a mandatory safety class which is online and a part of the registration process. Access online registration at [www.habitatsusq.org/volunteer/construction-volunteers](http://www.habitatsusq.org/volunteer/construction-volunteers). Registration consists of three parts:

- 1) Create a User Account

- 2) Sign a Waiver of Liability
  - 3) Safety Training
- Register by June 17. For more information, contact one of the following for more information:
- Linda Patrick, 410-436-1023; Tracy Marshall, 443-861-4366; Sheryl Coleman, 410-278-5964; Teresa Rudd, 410-436-5501; SGT Shavonne Frank, 410-4417-2374; CPT Maritzabel Mustafaa, 410-278-3000, or Diane Siler, 443-243-7344.

**WEDNESDAY  
AUGUST 21  
VENTURING IS COMING TO  
APG!**

If you’re 14 to 21 years old and ready to test your limits, meet new friends, and make a difference - VENTURING IS FOR YOU. The Venturing Crew meets twice monthly, starting in August. Learn more during an open house barbecue, 5 to 6:30 p.m. at 3801A Veteran Court in Patriot Village, APG North (Aberdeen). For more information, contact Alex Hutton at 410-278-5798, e-mail [ahutton@baltimorebsa.org](mailto:ahutton@baltimorebsa.org). Begin your adventure at [www.scouting.org/venturing](http://www.scouting.org/venturing).

**THURSDAY  
AUG. 22  
WOMEN’S EQUALITY DAY**

The APG Federal Women’s Program (FWP) will host its annual Women’s Equality Day observance 10:30 to 11:30 a.m. in the Ball Conference Center. This annual event tributes the APG Woman of the Year, Supervisor/Manager of the Year and Organization Most Supportive. Civilians, military and contractor personnel are invited to support this event. For more information, contact Teresa Rudd, 410-436-5501, [teresa.d.rudd.civ@mail.mil](mailto:teresa.d.rudd.civ@mail.mil) or Elizabeth Young, 410-278-1392, [elizabeth.h.young.civ@mail.mil](mailto:elizabeth.h.young.civ@mail.mil).

**MONDAY  
AUGUST 26  
WOMEN IN DEFENSE GOLF  
TOURNAMENT**

The Mid-Atlantic Chapter of Women in Defense annual APG Golf Tournament starts 8 a.m. Male and female golfers may register for the event which includes breakfast, a four-person best ball golf tournament, awards ceremony, happy hour and dinner. Proceeds benefit local science, technology, engineering and mathematics (STEM) education and scholarships. For more information, visit the WID Mid-Atlantic website at [www.apggolf.com](http://www.apggolf.com).

**SATURDAY  
SEPT. 28  
9TH ANNUAL “SUPPORT  
OUR HEROES” GALA**

Tickets are now available for the 9th Annual Support Our Heroes Gala to be held 6 to 10 p.m. at Waters Edge Events Center, 4687 Millennium Drive, in Belcamp. Featured will be live and silent auctions; music and dancing, heavy hors d’oeuvres and carving station, cash bar. Proceeds benefit the Fisher House Foundation, supporting wounded warriors and their families. Tickets on sale now. Sponsorship opportunities available. For more information, visit [www.chesapeakeheroes.com](http://www.chesapeakeheroes.com)

**ONGOING  
DARTMOUTH COLLEGE  
RESEARCH STUDY**

Geisel School of Medicine at Dartmouth is sponsoring a research study for post-deployment veterans. If you are a recent veteran experiencing difficulty adjusting to life post-deployment and need help accessing or deciding whether to seek mental health treatment, please call Meissa at Geisel School of Medicine at Dartmouth at 603-448-0263 ext. 135. You will be asked questions as a way to screen potential subjects for a DOD-funded research study. Everything is done by phone and is completely confidential. Eligible Veterans will receive compensation for their time.

**INSIDE APG**

APG commanders and subject matter experts will discuss topics of interest to the local community every Saturday and Wednesday at 7:50 a.m. during “Inside APG: Creating One Community Without a

Gate,” a monthly radio series on 970 WAMD. For more information about the series, to schedule or request an interview, call the Garrison Public Affairs Office at 410-278-1150. For previous interviews, follow these links: <http://youtu.be/a8vuM-dxmG50>; <http://youtu.be/se7hTkwn-b08>

**PUBLIC HEALTH COMMAND  
SURVEYS**

Retiring from the Army within two years? Take a brief survey to help the U.S. Army Public Health Command develop resources for Pre-Retirees. Your opinions will help us make an impact to promote good physical health and brain power. Visit <https://www.keysurvey.com/f/517684/30d6/> to participate. Retired from the Army? Take a brief survey to help the U.S. Army Public Health Command develop resources for Retirees. Your opinions will help us make an impact promoting good physical health and brain power. Visit <https://www.keysurvey.com/f/517684/30d6/> to participate. Are you married to a Soldier? Living with a Soldier? Take a brief survey to help the U.S. Army Public Health Command develop resources for Army Families. Your opinions will help us make an impact to promote good health and brain power. Visit <https://www.keysurvey.com/f/517684/30d6/> to participate.

**2ND INFANTRY DIVISION  
SEARCHING FOR MEMBERS**

The Second (Indianhead) Division Association is searching for anyone who ever served in the Army’s 2nd Infantry Division at any time. For information about the national association and the annual reunion in Columbus, Ga. Sept. 17 - 21, contact secretary-treasurer, Bob Haynes, at [2idahq@comcast.net](mailto:2idahq@comcast.net) or 224-225-1202.

**BUILD COMMUNICATION &  
LEADERSHIP SKILLS WITH  
TOASTMASTERS**

The Gunpowder Toastmasters Club is now accepting new members! Visit a meeting and discover how this supportive, all-inclusive group can help you: Meetings are held the first, third and fifth Monday of each month from 11:40 a.m. - 12:40 p.m., normally in Bldg. E4516 (Chemical Demilitarization Training Facility), APG South (Edgewood). Visit the website below to confirm location and for directions to the building. Membership is open to all individuals age 18 and older. Affiliation with Aberdeen Proving Ground not required. For additional information, visit <http://2562.toastmastersclubs.org/or> [www.facebook.com/pages/Gunpowder-Toastmasters/356397067713760](http://www.facebook.com/pages/Gunpowder-Toastmasters/356397067713760)

**OBEY SPEED LIMITS**

APG motorists are urged to obey the speed limit. Drivers should be especially cautious during physical fitness training hours as Soldiers exercise outdoors and conduct PT tests.

**PIANO & GUITAR LESSONS**

Each class is a one-on-one, 30-minute session for seven or eight weeks, once a week. Parents choose a time between 3 and 9 p.m. when they register their children. Open to all DOD ID cardholders. To register, visit Central Registration or call 410-278-7479/7571. For information, email [lauren.e.kateley.naf@mail.mil](mailto:lauren.e.kateley.naf@mail.mil) or call 410-278-4589.

**COMMUNITY VOICE  
COMMITTEE**

The newly-formed Community Voice Committee needs volunteer members! The CVC meets bi-monthly on the last Monday of the month and is chaired by Col. Gregory McClinton, APG garrison commander. The committee is dedicated to enhancing the quality of life for all APG residents and employees. If you are a Corvias Military Housing resident or a civilian employee working at APG (both Edgewood and Aberdeen area representatives are needed), and would like to be part of this committee, please contact Karen Dern at [karen.a.dern4.civ@mail.mil](mailto:karen.a.dern4.civ@mail.mil).



**Melissa Plummer**  
Garrison PAO Web Designer

Melissa Plummer recently became the web designer for the APG Garrison Public Affairs Office after five years in the Visual Information Services Division as a visual information specialist. She transitioned to the Plans & Operations Division of the Directorate of Plans, Training, Mobilization and Security in March before taking on her current duties. Currently, she is researching the multiple levels of the APG and Garrison websites to eventually merge the two into one cohesive site. Plummer said she enjoyed her DPTMS experience where she learned many of the Garrison’s “behind the scenes” functions and is looking forward to the new challenge. “Like any transition, my new home at PAO will take some adjustment but my new coworkers have made the transition as seamless as possible. I am excited and confident as I start this new journey in my Garrison career,” she said, adding, “I am always up for a professional challenge.” Plummer is located in Bldg. 305, west wing, first floor. Her hours are 8 a.m. to 4:30 p.m., Monday – Thursday. Contact her at 410-278-2674; e-mail [melissa.k.plummer2.civ@mail.mil](mailto:melissa.k.plummer2.civ@mail.mil); or visit the website at <http://www.apg.army.mil/apghome/sites/local/>.



**MORE  
ONLINE**

More events can be seen at [www.apgnews.apg.army.mil/calendar](http://www.apgnews.apg.army.mil/calendar).



# Senior UMBC, APG leaders discuss future teaming

**Continued from Page 1**

Dr. Antonio Moreira and the Dean of College of Engineering & Information Technology Dr. Warren DeVries. Organizational overviews were given by the Chief of Infrastructure, Security, Installation & Community Relations at JPEO for Chemical and Biological Defense Tim McNamara; Executive Deputy to the APG and CECOM Commander Gary Martin; Director of Operations for U.S. Army Program Executive Office C3T Paul Mehney; the Director of the USAPHC’s Army Institute of Public Health John Resta; Associate Director of CERDEC Robert Zanzalari; and the APG Deputy Garrison Commander Glenn Wait.

The visit included tours to the PEO IEW&S Joint Test Integration Facility, CECOM Software Engineering Center’s Joint on-demand Interoperability Network (JOIN) Lab, CERDEC’s Army Power Lab and the ARL Supercomputing Research Center. Moreira said that the visit was helpful because it allowed faculty and administration to network with APG’s senior leadership, scientists and engineers, who might collaborate on future projects. “It is always helpful to be able to put a face to a name,” Moreira said. “We received a firsthand understanding of the capabilities available at APG. What we saw was very impressive, but we were just scratching the surface of what

is available here. We got a better understanding of APG’s areas of focus and workforce needs.” UMBC’s Incoming Vice President for Research Karl Steiner said that a relationship between UMBC and APG could have a long-term impact on both sides and that he was excited to see how APG has transformed since the completion of Base Realignment and Closure in 2011. He said that it is beneficial for UMBC faculty to build relationships with APG scientists and engineers who are working on remarkable cutting edge projects. “Science moves very rapidly these days. It is relevant for everybody to stay ahead of the curve.” He added that one opportunity is

to develop partnerships so that more UMBC students will come to APG as summer interns and hopefully later find full time employment after they graduate. Another goal is for UMBC to provide educational opportunities for APG employees either at APG, online, or on the UMBC campus. “APG requires an educated workforce,” he said. Steiner added that UMBC and APG personnel are planning a second meeting in the fall that will take place on APG South (Edgewood) and will focus on the Chemical, Biological, Radiological, Nuclear and high- yield Explosives, or CBRNE community.

# Fallen Soldier Families share food, fellowship, support

**Continued from Page 1**

In addition to food and fellowship, Survivors were briefed by on-post representatives. Survivor Outreach Services Coordinator Annette Sanders, from ACS, said she considers it a privilege to serve Survivor Families and encouraged the Survivors to get involved at APG and attend on-post events. Sanders said that APG has done some great thing to support Families of Fallen Soldiers. For example, APG issues identification cards to Gold Star Family members, that allows them to bypass the Visitor’s Center. Also, there are designated

parking spaces at many on-post locations for Survivors. Maryland Gold Star Mothers President and chaplain Janice Chance said that she always feels welcome at APG and that she appreciates all the support Survivors receive from senior leadership as well as the entire community. “We get the royal treatment here,” she said. Chance said Maryland Gold Star Mothers keep the memory of their sons and daughters alive by working to help veterans, those currently serving in the military and their Families and that volunteering helps with the grieving process.

“My son always cared about others,” Chance said. “I want to carry on his legacy.” Maryland Gold Star Mothers Vice President Cindy Lohman stated that events like the luncheon are important because they bring Families together that have endured the adversity of losing a loved one. She added that she was pleased to learn the Army welcomes Survivors from all branches of the military. “Some people here are new in the grieving process,” Lohman said. “Not everyone in the civilian world gets what we are going through, but these people do. The military is one big Family,

It’s nice to be with Family.” The program also included a song from CECOM Chaplain (Maj.) Young Kim and his wife, Susie, and prayer by APG Installation Chaplain (Lt. Col) Jerry Owens. SOS provides expanded support and care after casualty assistance ends. The program offers assistance to survivors as far back as World War II, and does not limit how long services are rendered. For more information about the SOS program, contact Sanders at 410-278-2861 or e-mail [casandra.a.sanders-nash.civ@mail.mil](mailto:casandra.a.sanders-nash.civ@mail.mil).

# DPW Academy comes to APG due to furlough

**Continued from Page 1**

said that along with his counterparts on the APG (Aberdeen) side they share customers who need to have a working knowledge of what they’re all about. “The main message [of the training] is to understand IMCOM directives; how they fund and organize; how they use information, how they think,” he said. Currently, that means doing more with less. “We are running about two-thirds staff (strength); some areas are shorter than others, other areas are over hires. We’re trying to spread and use what we have to the best of our abilities.” “If we don’t understand how IMCOM works we’re always going to fail,” he said. “But once we understand the [IMCOM] theory, and what’s driving that theory when it comes to funding, then we can work toward the end result.” Two more courses to be offered in August include “Business Operations & Integration” and “Business Operations & Engineering.” Hale said the class, normally taught

over five days in San Antonio was due to be cancelled when the furloughs kicked in but he requested APG be made the host, requiring travel for only one instructor instead of 23 students. IMCOM Contractor Dave Palmer has been teaching Public Works Training & Consulting for nearly 40 years. He said he tries to bring the historical perspective as well as offer fresh new looks to his classes. “Through this training we gain a sense of appreciation of other’s jobs,” he said. “DPW is a massive organization that touches every person on the installation.” One thing that quickly becomes apparent to most attendees is that DPW is driven by laws, codes and standards that are in synch with public laws. “That’s difficult for some people to grasp,” he said. “DPW doesn’t write the laws but is still responsible for everything that happens to real property on the installation. “The overriding message,” he added, “is that we are here to support you and we are doing our best with the available resources. We are customer focused.”

“This way is a lot more cost effective,” Palmer said of the course relocation to APG. “And one of the greatest advantages is that instead of learning with a bunch of people from all over the world – which does offer its own value in terms of perspectives - you had 23 people from the same installation who understood each other.” On the final day of the course, students presented annual DPW-O&M work plan outlines based on what they learned during the course. Jeff Aichroth, a physical scientist with the DPW Environmental Planning & Sustainability Branch said the training helped him understand DPW as a whole, structurally. “I learned how we should and can operate more efficiently,” he said. “What IMCOM is thinking is how we should be thinking. “It [the course] really made you think,” he said. “And because of what I do, it will help me work with DPW and understand the constraints better.” An RDECOM project engineer who

regularly deals with DPW work orders and personnel, Laverne Ogieste said she also gained a better understanding of budgeting constraints. “It [the course] enhanced information for me. It explained areas where they’re hurting manpower-wise. How they are taking care of us with such limited resources on such an old post is amazing to me.” She added that the knowledge gained during monthly Garrison –Supported Organizations) GSO meetings, when DPW Director Thomas Kuchar and division chiefs, gather information from customers regarding their needs and share information for representatives to take back to their organizations, was a big help to her in understanding the “the whole picture.” “They are making themselves available to all of us,” she said, noting that preventive maintenance, the subject of her group’s presentation, has taken on greater meaning because of the financially strapped funding situation. “Preventive maintenance is a big deal,” she said.

# Clinic no shows cost over \$240,000 annually

**Continued from Page 1**

stantial amount of money” said Lt. Col. David Zinnante, commander of Kirk U.S. Army Health Clinic. Unlike the public sector, Military Treatment Facilities do not charge patients for no shows. “Our mission is to inform our beneficiaries of the cost impact to the facility and the lower access for other patients when they don’t cancel appointments” said Robert Townsend, KUSAHC Public Affairs

Officer. “We all know things come up- I have five boys - things always come up, and we want our patients to be informed of the many resources they have to cancel appointments to reduce no show rates.” Many options for cancelling appointments are simple. The Audiocare phone system is designed to call patients 72 hours before appointments with a reminder. “It’s very easy for patients to select to confirm or cancel an appointment at the time of the reminder call, this gives us time to rebook the appointment” said Bar-

ry Hersey, the Chief of Managed Care. All beneficiaries of Kirk U.S. Army Health Clinic can book or cancel their appointments via TRICARE Online ([www.tricareonline.com](http://www.tricareonline.com)). Other ways to cancel an appointment are to call 410-278-KIRK. Community support for keeping medical costs down is a key to the program, and effort to reduce unnecessary revenue loss attributed to missed appointments. “The clinic also faces a challenge not only from this lost revenue but revenue left on the table when patients don’t com-

plete APLSS (Army Provider Level Satisfaction Survey) surveys,” Townsend said.” I don’t think our patients know how important their feedback is to the clinic. We value all feedback; we want to know what we do well and what we need to improve on. When we do well we are rewarded with funds to improve the clinic.” APLSS surveys are a way patients can rate their experience with their PCM Team. While 650 patients receive an APLSS survey every month, only about 20 percent actually complete them.

# Young patriot takes initiative, sends troops supplies

**Continued from Page 1**

for \$1. He found that when he told people the reason he was selling the pencils, some would pay more. “I was very surprised by his effort,” said Shandra Chisolm, an employee at Aberdeen Proving Ground (APG) and Xavier’s mother. “He had the idea from the start and then stayed very organized and raised the amount he wanted.” In the end he collected \$27 and was able to load up on supplies for the troops at a local dollar store. On July 15 the Army recognized Xavier Chisolm’s efforts during a Young Patriot ceremony held in his honor and hosted by the Program Executive Office for Command, Control and Communications-Tactical (PEO C3T) at APG. PEO C3T leaders presented Chisolm with a plaque, certificates of appreciation and a personal note of thanks signed by Maj. Gen. N. Lee S. Price, Program Executive Officer for C3T. Also, the Mid-Atlantic Chapter of the Army Aviation Association of America (AAAA) and Avenge, Inc. presented him with a U.S. flag flown in his

honor from a plane while on a mission over Afghanistan. “My aunts and my mom always sent items to my cousin David [who was deployed] to help him feel better because he was so far away from home,” said Chisolm, who is entering fifth grade at Summerfield Elementary School in Neptune, N.J. “So I wanted to help other troops feel better by sending them supplies.” The supplies he collected included Soldiers’ most requested items such as toothpaste, tooth brushes, alcohol wipes, hand sanitizer, Q-tips, beef jerky and powdered drink mixes. They were then sent to Afghanistan by an all-volunteer organization PEO C3T supports known as “Some SAY Support. We SEND Support,” or S5. The group took care of properly packaging the items and shipping them out. The S5 began at Fort Monmouth, N.J., and transitioned with PEO C3T to APG during the recent base realignment and closure (BRAC). Now, the group has two trunks located at APG buildings that serve as collection points for donated items. They also receive generous donations from outside organizations such as

AAAA and the Aberdeen chapter of the Association of the United States Army (AUSA) that cover 100 percent of the shipping costs. Many of S5’s contributions to deployed forces can be traced to PEO C3T employee Barbara Schirloff, who back in 2005 answered a coworker’s email asking for supplies for his brother, a medic stationed in the Middle East. The appreciation she received for bringing in a few items was overwhelming, and planted the idea to send additional care packages to other troops. Since that time, Schirloff has overseen the organization, logistics and volunteers for S5. In 2011 and 2012, S5 sent approximately 7,000 pounds of goods overseas and so far in 2013 they have shipped more than a ton of supplies. Because the group has no overhead and all expenses are covered, 100 percent of all donations are shipped to the troops. “It just took someone asking – if I hadn’t gotten the email, I wouldn’t be doing this today,” Schirloff said. “People are very generous. I’ve been told many times through letters and email what a dif-

ference the efforts of S5 make. The Soldiers want to know that someone over here is thinking about them.” During the ceremony, Schirloff was honored for her efforts; she received a note of appreciation from Price. “She lives and breathes this,” said Mary Jo Span, another PEO C3T employee who is involved in the donation campaign. “Any request she gets, she’ll jump in and make it happen. She brings it all together.” Her efforts have sent countless items to troops in Afghanistan and she said she’ll continue to do so until everyone is back home. S5 allowed Xavier to spend his money on supplies instead of on packaging and shipping. For his efforts he received a letter from the troops stating that his donation “positively impacted the morale of over 80 personnel in support of combat operations in Operation Enduring Freedom, Afghanistan.” Xavier also earned a perfect 100 percent for his school project.



# APG Snapshot

A peek at the events making news in and around U.S. Army Garrison Aberdeen Proving Ground. For complete photo coverage, visit <http://www.flickr.com/photos/usagapg/>.



## Triple Play

**Left:** Keshawn Gardner, 8, prepares to swing during Triple Play held at the APG North (Aberdeen) youth center July 17. This outreach program is hosted by Child, Youth & School Services Sports for the APG North and South youth center summer camps. During Triple Play, children learn about nutrition and different sports.

Photo by Rachel Ponder, APG News



## CYSS Tennis

**Right:** Audrey Moon, 13, gets ready to serve during the Child, Youth & School Services Sports summer tennis program July 17.

Photo by Rachel Ponder, APG News



## C4ISR Health Fair

**Left:** Massage Therapist Nichole Graham, of B-Fit Enterprises, Inc., gives Alton Haynes Jr., from CECOM LRC, a massage during a health fair July 18 at the C4ISR Center of Excellence Campus. The event was sponsored by C4ISR Wellness Committee, APG Community Health Promotion Council and Kirk U.S. Army Health Clinic. The event featured vision, blood pressure, bone density and fat analysis screenings. Representatives from local and national vendors discussed health topics like stress management, tobacco cessation, weight management, financial wellness, pediatric care and more. The event included door prizes, promotional items and informational handouts. To view a calendar of upcoming CHPC events visit [www.apg.army.mil/](http://www.apg.army.mil/) and click on the CHPC link.

Photo by Rachel Ponder, APG News

# CYSS brings British Soccer Camp to APG

Story and Photo by **RACHEL PONDER**  
APG News

Children from the APG community braved the summer heat during the Challenger Sports British Soccer Camp at the Aberdeen Proving Ground North (Aberdeen) soccer field July 8-11 and 13.

The annual summer camp, hosted by Child, Youth & School Services Sports, features experienced coaches who are trained primarily in the United Kingdom. According to the Challenger Sports British Soccer website, the goal of the summer camp program is to deliver “quality coaching with a unique British cultural twist.”

This year APG campers received instruction from an English coach, Ross Lawrence, a Brazilian coach, Marlon Portela, and an Irish coach, Craig O’Neill. Each day the coaches taught the children soccer fundamentals, coached scrimmages and held daily competitions. The children were divided into different countries to compete for the

“World Cup,” which was awarded at the end of the week. Children also selected their team’s “Most Valuable Player” of the day for demonstrating good sportsmanship.

During the week, the coaches stayed with host Families from the APG community. “I like traveling and staying with different Families,” Portela said. “I get to see real American life, experience the culture.”

Sandy Sanders, a program analyst for CERDEC CIO, said her Family enjoyed hosting Portela.

“We loved hosting!” she said. “Our coach spoke Portuguese so we tried our hand at learning a new language.”

Sanders said her children, Quentin and Quren Santiago, learned the fundamentals of soccer in a fun environment.

“The fact that ‘football’ is a huge sport in those foreign countries was a plus for me as I knew my kids were gaining some really valuable instruction,” she said. “For my older daughter it was a cool thing that she was in Brit-

ish Soccer Camp.”

For information on upcoming CYSS Sports activities visit [http://www.apgm-wr.com/family/youth\\_sports.html](http://www.apgm-wr.com/family/youth_sports.html) or call CYSS Sports Director Bill Kegley at 410-306-2297.



(From left) Coaches Craig O’Neill and Marlon Portela participate in a drill called “Headers and Volleys” with Quentin Santiago during Challenger Sports British Soccer Camp at the Aberdeen Proving Ground North (Aberdeen) soccer field. July 11.